












# Footnotes for Little Feet



## B A B I E S

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-  Babies' brains double in size during the first 12 months of life.
-  Babies' brains grow robust neural connections from moving and exploring.
-  Tummy time provides optimal exercise for both body and brain because it develops baby's motor skills and the neural pathways in the brain.
-  Bare feet are happy feet at home because it forms the arches in the feet for walking.
-  The sensory (tactile and kinesthetic) experiences babies are exposed to develop complex neural connections. The more the better!
-  Hearing is the most developed sensory system at birth, vision is the least. The first six months are critical for visual development.
-  A secure attachment with your baby will form stronger neural circuitry in every area of your baby's brain.
-  Bonding with baby involves eye contact, timely responses, and imitating the sounds and movements they make.
-  Skin to skin touch releases Nerve Growth factor and Serotonin for a happy, healthy baby.



To learn more about Nurturing Pathways®, Inc., early childhood creative dance program, training opportunities and materials, please visit [www.nurturingpathways.com](http://www.nurturingpathways.com)



